



NEW MEXICO  
SCHOOL  
COUNSELOR  
ASSOCIATION



**Annual Conference**  
**Building Resiliency in Children**  
**Presented by Karen Griffith Ph.D., LPC**  
**Sheraton Albuquerque Uptown**  
**2600 Louisiana BLVD NE.**  
**Albuquerque, NM 87110**  
**November 3, 2023 7:30 am**  
**6 Continuing Education Hours**  
**Available**



New Mexico School Counselor Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2091. Programs that do not qualify for NBCC credit are clearly identified. New Mexico School Counselor Association is solely responsible for all aspects of the programs.

<https://www.nmschoolcounselor.org/>



## Biography

Karen Griffith, Ph.D., LPC, is a retired Professional School Counselor with 35 years in public education plus eight years as Assistant Professor (also retired) in the Department of Counseling and Human Development Services at the University of Georgia. As a school counselor, she has been recognized for excellence at the local, state, and national levels. She has authored multiple articles and books.

As a Certified American School Counselor Association (ASCA) Trainer, Dr. Griffith delivers a variety of workshops on the ASCA National Model, enhancing knowledge of the foundational skills and strategies and providing guided practice for applying specific components. Specific descriptions for workshops are available on the ASCA website. She also serves as a RAMP Team Captain, and ASCA Coach.

Dr. Griffith's primary area of research centers on building resilience in children and adolescents. From that perspective, she works to build skills in communication and relational skills of adults involved with children and adolescents during difficult circumstances. Her training for building resiliency includes strategies for eliciting individuals' thoughts, feelings, and stories and identifies content on which to focus.

Dr. Griffith lives in Atlanta, GA near her children and grandchildren. She continues to work as a trainer for the ASCA, delivering workshops across the nation.

# Building Resiliency in Children

Resilience is generally described as the capacity to press beyond challenging risk factors. More specifically, educational resilience is defined as becoming academically successful even though numerous barriers are present (Bryan, 2005). Focusing on methods that build resiliency can help students dealing with various risk factors, both in and out of school, to improve their classroom achievement and result in positive social/emotional development. Learn about factors that impact resiliency in children and different interventions to use in your comprehensive school counseling program to enhance your students' capacity for exhibiting both personal and educational resiliency.

Participants will:

1. Understand the history on resilience research
2. Explain the eight main traits and skills of resilience
3. Identify ways in which a culture of resilience is fostered in school
4. Name a variety of activities and interventions for building the eight traits and skills of resilience in children and adolescents
5. Select a few strategies for the care and maintenance of their own resilience

**Morning and  
Afternoon  
Snacks  
Available!**



# **SCHEDULE**

November 3, 2023  
7:30 am to 5:00 pm

- 7:30am Check in
- 8:00am Welcome and School Counselor of  
Year 2023 Award Presentation
- 8:30am Session 1  
Getting Started: Why, Who, How, What  
Defining Resilience: More than a Buzzword
- 10:30am 15 minute break
- 10:45am Session 2  
Understanding Resilience: The Skills and Traits  
of Resiliency.  
Delivering to All: Creating a Culture of Resilience  
in the school
- 12:00pm Lunch
- 1:30 pm Session 2 Continued
- 2:15pm 15 Minute Break
- 2:30pm Session 3  
Getting Specific: Content & Activities for Students  
Seeing Your Own: Care & Maintenance for Self
- 4:30 pm Closing and Check Out

# NEW MEXICO SCHOOL COUNSELOR OF THE YEAR!

## STACEY SIEBERG



A New Mexico native, Stacey Sieberg was born and raised in Carlsbad and, as a first-generation college student, attended the University of New Mexico where she received her degree in English. With a passion for service and social justice, Stacey then moved to Los Angeles, California where she worked with unhoused youth at the Covenant House crisis shelter providing case management and direct outreach work to teenagers living in abandoned buildings.

After embracing this work with strong purpose, Stacey postponed her plan of attending law school and instead moved to New York City where she continued to work for Covenant House. Also meeting her husband there, her time working on unit 4A in the Manhattan crisis shelter would prove transformational as she engaged nightly with over 75 teenage males from Harlem, The Bronx and Brooklyn. With a focus on youth and trauma, Stacey shifted her educational plans and began an MSW program at Fordham University. At the same time, she was tapped to implement a HUD grant that resulted in a transitional living shelter for unhoused clients in Manhattan.

Desiring a transition from intervention to prevention, Stacey and her husband moved to Buffalo, NY where she began studies at Niagara University and earned a Master's in Education with a focus in School Counseling. While in graduate school in Buffalo, Stacey worked as a therapeutic foster care social worker and deepened her belief that an effective counseling program in a school setting could better deliver impactful prevention work and improve adolescent outcomes.

After graduating from Niagara and the simultaneous birth of her first child, Stacey and family moved to Albuquerque in August of 1999 where she first began working in APS as a middle school counselor. Highlights of her work include being named APS Middle School Counselor of the Year in 2012 and 2020, receiving an Every Day Hero Award from the NM Office of African American Affairs in 2017 for her development of the still successful Jefferson Brotherhood program, and the privilege to begin her 22nd year at Jefferson Middle School where she has worked relentlessly to create a school culture rooted in empathy and belonging. Administrative support of her work to disrupt systemic racism and deliver a culturally responsive and equity centered school counseling program has also been crucial to her success. Stacey is grateful for her recognition as NM School Counselor of the Year and the rightful focus it places on all of the students her program serves, especially those in her Brotherhood group.

Stacey and her husband Mark have two grown children. Sequoia who lives in Boston and works in public health and Luke who is finishing his senior year of college and will commission as an Army officer in May. She also counts the many English and South African Mastiffs raised in the last 25 years as family.

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